

2020 State Profile — United States and Other Jurisdictions National Mental Health Services Survey (N-MHSS)

The National Mental Health Services Survey (N-MHSS) is an annual survey of facilities providing mental health treatment. It is conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA). The N-MHSS collects data on the location, characteristics, services offered, and number of clients (collected every other year) in treatment at mental health treatment facilities (public and private) throughout the 50 states, the District of Columbia, U.S. territories, and other jurisdictions.

More information on the methodology used is available in the 2020 N-MHSS report:

<https://www.samhsa.gov/data/data-we-collect/nmhss-national-mental-health-services-survey>

The 2020 N-MHSS report included 12,275 mental health treatment facilities, which reported a total of 3,715,209 clients in mental health treatment on April 30, 2020. The survey response rate was 88.8 percent overall.

Facility operation, by number and percent

	Facilities	
	No.	%
Private non-profit	7,402	60.3
Private for-profit	2,589	21.1
Public agency or department		
State mental health agency (SMHA)	400	3.3
Other state government agency or department	424	3.5
Regional/district authority or county, local, or municipal government	861	7.0
Tribal government	20	0.2
Indian Health Service	14	0.1
Department of Veterans Affairs	552	4.5
Other	13	0.1
Total	12,275	100.0

Note: Percentages may not sum to 100 percent due to rounding.

Service setting, by number and percent

	Facilities		Clients	
	No.	%	No.	%
24-hour hospital inpatient	1,756	14.3	77,622	2.1
24-hour residential	1,905	15.5	43,744	1.2
Less-than-24 hour			3,593,843	96.7
Partial hospitalization/day treatment	1,806	14.7		
Outpatient	9,634	78.5		
Total	12,275		3,715,209	100.0

Notes: The number of facilities sums to more than the total, and percentages of facilities sum to more than 100 percent, because a facility may offer mental health treatment in more than one service setting. Percentages of clients may not sum to 100 percent due to rounding.

Beds and utilization rate

	Utilization rate ¹		Beds ²	
	%	No.	%	No.
24-hour hospital inpatient	90.3	85,948	64.7	
24-hour residential	93.4	46,828	35.3	
Total		132,776	100.0	

¹Utilization rates may exceed 100 percent if the number of mental health clients occupying beds in a service setting exceeds the number of beds allotted for mental health treatment.

²Represents the number of beds allotted for mental health treatment in a given service setting and percentage of all beds (inpatient and residential) allotted for mental health treatment.

Client characteristics, by number and percent

	Clients	
	No.	%
Diagnosed co-occurring mental and substance use disorders ¹	818,583	22.0
Military veterans ²	846,790	12.7

¹Estimated number and percent of mental health treatment clients on April 30, 2020.

²Estimated number and percent of mental health treatment admissions in the 12-month period of May 1, 2019, through April 30, 2020, who were military veterans.

For a symbol key, see the last page of this profile.

Facility type, by number and percent

	Facilities	
	No.	%
Psychiatric hospital	668	5.4
General hospital	967	7.9
Residential treatment center for children	592	4.8
Residential treatment center for adults	807	6.6
Other type of residential treatment facility	63	0.5
Veterans Affairs medical center or other VA health care facility	552	4.5
Community mental health center (CMHC)	2,548	20.8
Certified community behavioral health clinics	336	2.7
Partial hospitalization/day treatment facility	429	3.5
Outpatient mental health facility	4,941	40.3
Multi-setting mental health facility	369	3.0
Other	3	0.0
Total	12,275	100.0

Note: Percentages may not sum to 100 percent due to rounding.

Treatment approaches, by number and percent

	Facilities	
	No.	%
Individual psychotherapy	11,349	92.5
Couples/family therapy	9,092	74.1
Group therapy	10,614	86.5
Cognitive behavioral therapy	11,128	90.7
Dialectical behavior therapy	7,129	58.1
Cognitive remediation therapy	701	5.7
Behavior modification	8,223	67.0
Integrated dual disorders treatment	7,633	62.2
Trauma therapy	9,726	79.2
Activity therapy	5,375	43.8
Electroconvulsive therapy	498	4.1
Transcranial magnetic stimulation	270	2.2
Ketamine infusion therapy	134	1.1
Telemedicine/telehealth therapy	8,435	68.7
Psychotropic medication	2,418	19.7
Other	589	4.8
None of these mental health treatment approaches are offered	126	1.0

Note: Facilities may provide more than one type of treatment approach.

Age groups served, by number and percent

	No.	%
All age categories ¹	3,645	29.7
Young children (5 years or younger)	4,701	38.3
Children (6–12 years)	6,990	56.9
Adolescents (13–17 years)	7,964	64.9
Young adults (18–25 years)	10,777	87.8
Adults (26–64 years)	10,299	83.9
Seniors (65 years or older)	9,831	80.1

Note: Percentages sum to more than 100 percent, because a facility may accept clients from more than one age group.

¹This created variable includes facilities that accept all of the following: young children (5 years or younger), children (6–12 years), adolescents (13–17 years), young adults (18–25 years), adults (26–64 years), and seniors (65 years or older).

Supportive services and practices, by number and percent

	No.	%
Assertive community treatment (ACT)	1,790	14.6
Intensive case management (ICM)	2,986	24.3
Case management (CM)	8,511	69.3
Court-ordered outpatient treatment	6,537	53.3
Assisted outpatient treatment	794	6.5
Chronic disease/illness management (CDM)	2,323	18.9
Illness management and recovery (IMR)	3,257	26.5
Integrated primary care services	3,191	26.0
Diet and exercise counseling	4,046	33.0
Family psychoeducation	8,601	70.1
Education services	3,893	31.7
Housing services	2,624	21.4
Supported housing	2,031	16.5
Psychosocial rehabilitation services	5,125	41.8
Vocational rehabilitation services	1,995	16.3
Supported employment	2,343	19.1
Therapeutic foster care	583	4.7
Legal advocacy	764	6.2
Psychiatric emergency walk-in services	3,936	32.1
Suicide prevention services	8,086	65.9
Consumer-run (peer support) services	4,304	35.1
Hepatitis B testing	1,784	14.5
Hepatitis C testing	1,883	15.3
HIV testing	1,979	16.1
STD testing	1,871	15.2
Tuberculosis screening	2,583	21.0
Screening for tobacco use	7,567	61.6
Smoking/tobacco cessation counseling	5,813	47.4
Nicotine replacement therapy	3,719	30.3
Non-nicotine smoking/tobacco cessation medications (by prescription)	3,648	29.7
Other	232	1.9
None of these services and practices are offered	179	1.5

Note: Facilities may provide more than one supportive service or practice.

For a symbol key, see the last page of this profile.

Facility licensing, certification, or accreditation, by number and percent

	No.	%
State mental health authority	8,619	70.2
State substance abuse agency	4,263	34.7
State department of health	6,089	49.6
State or local department of family and children's services	2,502	20.4
Hospital licensing authority	1,591	13.0
The Joint Commission	4,213	34.3
Commission on Accreditation of Rehabilitation Facilities (CARF)	3,051	24.9
Council on Accreditation (COA)	1,214	9.9
Centers for Medicare and Medicaid Services (CMS)	6,355	51.8
Other national organization or federal, state, or local agency	635	5.2
No licensing, certification, or accreditation	159	1.3

Note: Facilities may be licensed by more than one agency/organization.

Facility payment options, by number and percent

	No.	%
Cash or self-payment	10,330	84.2
Private health insurance	9,944	81.0
Medicare	8,306	67.7
Medicaid	10,726	87.4
State-financed health insurance plan other than Medicaid	7,249	59.1
State mental health agency (or equivalent) funds	6,969	56.8
State welfare or child and family services agency funds	5,262	42.9
State corrections or juvenile justice agency funds	3,742	30.5
State education agency funds	2,124	17.3
Other state government funds	4,608	37.5
County or local government funds	5,840	47.6
Community Service Block Grants	2,856	23.3
Community Mental Health Block Grants	4,149	33.8
Federal grants	2,537	20.7
Federal military insurance	6,305	51.4
U.S. Department of Veterans Affairs funds	3,133	25.5
IHS/Tribal/Urban (ITU) funds	1,153	9.4
Private or community foundation funds	2,053	16.7
Other	125	1.0

Note: Facilities may accept more than one type of payment.

Services in sign language for the deaf and hard-of-hearing and in languages other than English, by number and percent

	No.	%
Sign language	7,144	58.2
Any language other than English	9,255	75.4
Languages provided by staff		
Spanish	4,100	33.4
American Indian/Alaska Native languages	50	0.4
Other	1,466	11.9

Crisis intervention team, by number and percent

	No.	%
Within facility and/or offsite	5,848	47.6
No crisis intervention team	6,355	51.8

Note: Percentages may not sum to 100 percent due to the exclusion of facilities that did not respond to the question about having a crisis intervention team.

Dedicated or exclusively designed programs or groups, by number and percent

	No.	%
Children/adolescents with serious emotional disturbance (SED)	4,632	37.7
Transitional age young adults	3,421	27.9
Persons 18 years and older with serious mental illness (SMI)	6,247	50.9
Seniors or older adults	3,657	29.8
Persons with Alzheimer's or dementia	924	7.5
Persons with co-occurring mental and substance use disorders	6,528	53.2
Persons with eating disorders	1,406	11.5
Persons with first episode of psychosis	2,403	19.6
Persons who have experienced domestic violence	2,124	17.3
Persons who have experienced trauma	5,846	47.6
Persons with a diagnosis of post-traumatic stress disorder (PTSD)	5,602	45.6
Persons with traumatic brain injury (TBI)	1,119	9.1
Veterans	2,421	19.7
Active duty military	1,129	9.2
Members of military families	1,623	13.2
LGBT clients	3,303	26.9
Forensic clients ¹	2,923	23.8
Persons with HIV or AIDS	1,610	13.1
Other	935	7.6
No programs or groups offered	1,513	12.3

LGBT = Lesbian, gay, bisexual, or transgender.

¹Referred from the court/judicial system.

Symbol key (where applicable)

— Quantity is zero; * Less than 0.05 percent; ^ Data suppressed due to confidentiality.

Data in this profile are from facilities that reported to the N-MHSS and are based on the survey's reference date, April 30, 2020, unless otherwise noted. All material in this profile is in the public domain and may be reproduced without permission from SAMHSA. Citation of the source is appreciated.

The latest N-MHSS report, and other mental health reports, are available at: <https://www.samhsa.gov/data/data-we-collect/nmhss-national-mental-health-services-survey>

Access the latest N-MHSS public use files at: <https://datafiles.samhsa.gov>

For information on individual facilities, access SAMHSA's Behavioral Health Treatment Services Locator at: <https://findtreatment.samhsa.gov/>

Location of treatment facilities



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Behavioral Health Statistics and Quality
www.samhsa.gov/data

<https://www.samhsa.gov/data/quick-statistics>